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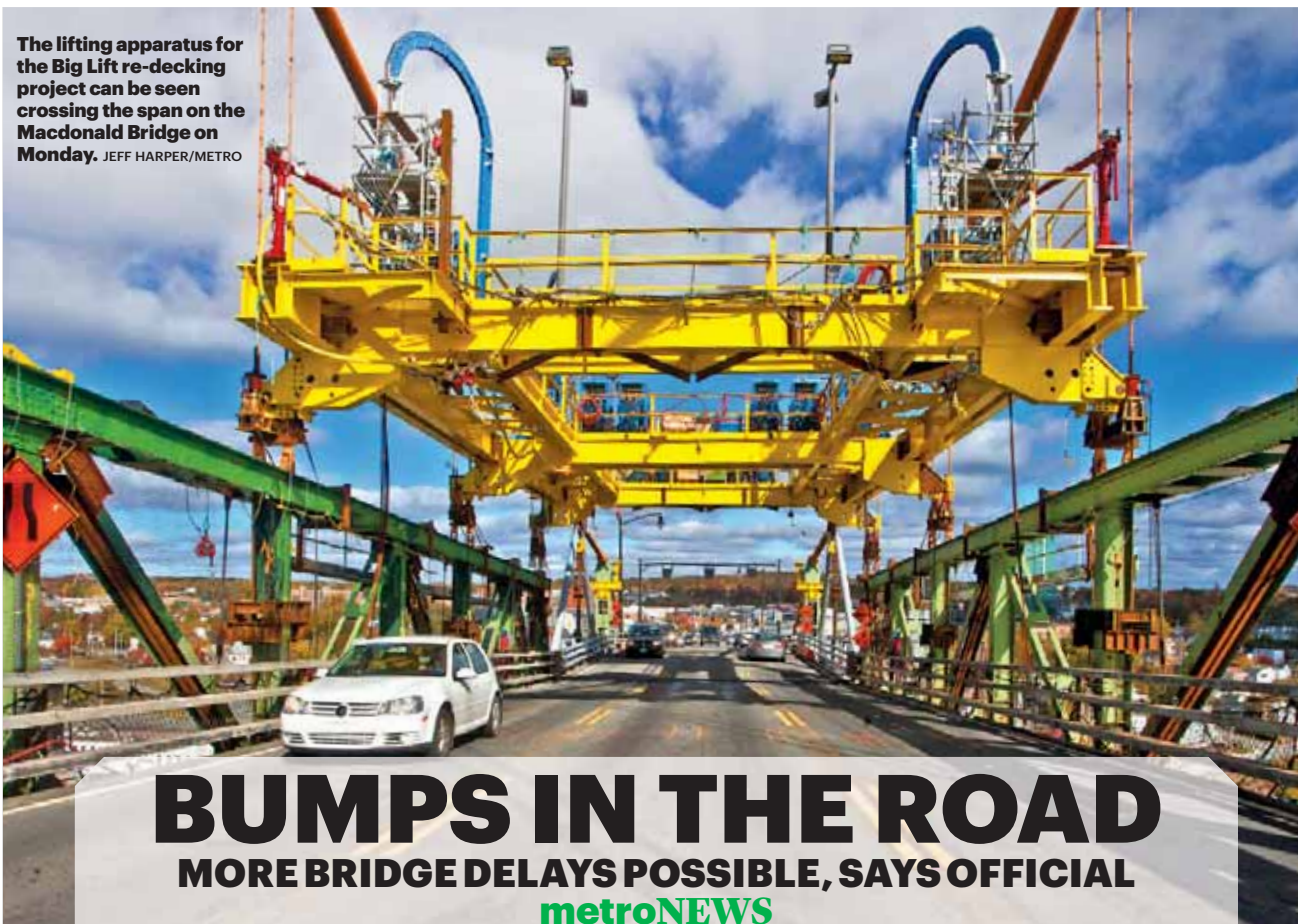
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The lifting apparatus for the Big Lift re-decking project can be seen crossing the span on the Macdonald Bridge on Monday. JEFF HARPER/METRO



**BUMPS IN THE ROAD**  
MORE BRIDGE DELAYS POSSIBLE, SAYS OFFICIAL  
metroNEWS

## MADD speaks

CRASHES

**Executive calls recent road deaths 'alarming'**



**Haley Ryan**  
Metro | Halifax

Mothers Against Drunk Driving (MADD) says two fatal crashes in one week, both possibly involving alcohol, is "alarming."

Susan MacAskill, Atlantic regional manager for MADD, says it was sad to hear about the Beaver Bank collision on Oct. 18 resulting in two deaths, and another in Chezzetcook Sunday where a 40-year-old man from Dartmouth died.

No charges have been laid yet against the drivers in either crash, but the RCMP say alcohol is believed to be a factor in both.

"It's alarming that there are these incidents of impaired driving and ... this is happening because people still continue to choose to drink or do drugs and operate a vehicle," MacAskill said.

MacAskill said they are doing everything they can to raise awareness about the need to plan ahead when drinking by taking a cab or transit, as well as residents calling 911 for suspicious driving.

**metr**  
More coverage, page 4



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# Union head surprised by Halifax Transit departure

## TRANSIT

### Rate of senior staff leaving is 'concerning': Ken Wilson



**Stephanie Taylor**  
Metro | Halifax

The recently publicized departure of Halifax Transit's director has one union representative raising his eyebrows about what's happening behind closed doors at city hall.

Ken Wilson, head of Amalgamated Transit Union local 508, said he was surprised to learn of Eddie Robar's resignation, which Halifax regional councillors were made aware of Monday.

According to the city, Robar, who started with the municipality 14 years ago as a scheduler and eventually became director in 2011, is leaving to take a job as a branch manager with the Edmonton Transit System.

"I was caught a bit off guard," Wilson said of Monday's news.

Although the "jury's still out," on Robar's performance as director, Wilson said the rate at which senior municipal staff are leaving is concerning, with Robar being the latest example.

Wilson pointed to the re-



Transit union head Ken Wilson, inset, says the "jury is still out" on Robar's performance as his resignation is the latest in a string of senior staff exits. JEFF HARPER/METRO FILE; INSET: METRO FILE



**This does show that our employees excel at what they do and are highly sought after by other sectors, and we wish them all well in their new roles.**

Jennifer Stairs

cent departures of Darrin Natolino, former head of winter operations and Phillip Heritt, manager of technical

services with Halifax Transit, who resigned within weeks of each other last month.

Other notable exits include

Chris Mitchell, former manager of road operations, who stepped down to work for the province last year, and more recently Mike Labrecque, the city's deputy chief administrative officer, as well as Tanya Davis, the city's former senior traffic operations engineer.

On Monday, Wilson questioned whether this turnover is the result of micromanagement, possibly coming from

the municipality's chief administrative officer, Richard Butts.

However, city spokesperson Jennifer Stairs cited some turnover is expected, given the city's workforce size of nearly 4,000 employees.

"Each person who has left has done so for their own personal reasons and we can't speak to those," Stairs wrote in an email Monday.



## HRM

### Councillor supports recycling price tag

One Halifax-area councillor says he would support the city spending upwards of \$5 million to introduce weekly recycling pick-up to rural areas of HRM.

Stephen Adams of Spryfield-Sambro Loop-Prospect Road questions the rationale behind providing a bi-weekly recycling service to residents who live on the outskirts of the municipality, while picking up recyclables on a weekly basis for those living on Peninsula Halifax.

"I don't understand why, especially given the new changes that are now implemented, why someone in an urban area would have this service and someone in a rural area would not," he said Monday.

"It doesn't make sense."

In a new report, which Adams had previously requested, staff costed out how the city would have to spend \$5,082,263 to implement a switch for the 2016-17 budget year.

As of Monday, Adams said he was planning to bring forward the report at a later regional council meeting in November.

STEPHANIE TAYLOR/METRO



**I don't understand why ... someone in an urban area would have this service and someone in a rural area would not.**

Stephen Adams

## PROPOSAL

# Groups seek city to sell Halifax's Khyber building for a buck

A coalition of arts and community groups in Halifax are in the home stretch of refining a proposal to save the historic Khyber building.

Spokesperson Emily Davidson said Monday that for months, members of the Khyber Arts Society, Friends of the Khyber and Neptune Theatre, have been working under the newly minted banner of the 1588 Barrington Building Preservation Society, to pen a redevelopment

plan for the now-shuttered space.

Such a proposal begins with asking the city to sell the aged building, which carries a strong cultural and LG-BTQ legacy, to the society for under market value, say \$1, Davidson explained.

"Our basic ask is that HRM would give our group the building, and that they would also contribute some money to the fundraising."

Davidson said the group

submitted the first draft of the proposal and met with city staff on Oct. 15, to clarify several points, including details on the sale of municipal properties.

"Our meeting was very positive."

The group is proposing to redevelop the space for around \$3.1 million, which includes building a new elevator, installing several gender-neutral washrooms and creating a fourth floor,

as well as excavating part of the basement for added storage.

Davidson said funds would be hopefully raised through various provincial and federal contributions, as well as through community fundraising efforts.

"Until we can find out whether our group is granted the building from the city, it's hard to fundraise for the project, right?"

STEPHANIE TAYLOR/METRO



Saving the historic Khyber building on Barrington Street is the focus of a redevelopment proposal. METRO FILE



## COURT

## Man jailed for sexual assault

A Nova Scotia man working as a paramedic abused his position of trust when he sexually assaulted a 71-year-old patient in her home, a judge said Monday before she sentenced James Duncan Keats to four years in prison.

Provincial Court Judge Claudine MacDonald also ordered Keats to provide a DNA sample as his name will be added to the National Sex Offender Registry for the next 20 years.

"You knew exactly what you were doing," MacDonald told Keats during his sentencing hearing in Windsor. "You used the opportunity presented to you ... to sexually assault the victim."

Keats, 50, was convicted in June of assaulting the woman in her home in the Annapolis Valley in 2013 while his partner tended to her ailing husband in another room.

During Keats' trial, court heard the accused took the woman to her upstairs bedroom to examine her when she complained of chest pains after her husband fell in their kitchen.

MacDonald told the court that Keats asked the woman to lay on the bed, undressed her, fondled her and had intercourse with her, telling her, "You're going to feel so much better."

Court heard that the woman

pleaded with him to stop, but he persisted and kissed her hand when he left the room, saying, "You're a beautiful lady."

The trial, which started in September 2014, heard that the woman provided swab samples and bed sheets that later found DNA from her and Keats, along with semen.

"The victim told Mr. Keats that she didn't want him to touch her," MacDonald told court Monday.

Keats, a paramedic for 14 years, had pleaded not guilty to the charge and has maintained his innocence. He has no previous criminal record.

His lawyer, Chrystal MacAulay, said outside court her client will seek an appeal of the conviction and the sentence.

She said Keats was concerned about how his conviction will be perceived by the public.

"He does not want the public to feel hesitant to call 911 or to seek assistance from paramedics or ambulance attendants in general," MacAulay said.

"We have an excellent paramedic service in this province. And we encourage anyone who feels the need to call 911 to do so," THE CANADIAN PRESS



James Duncan Keats METRO FILE



Investigators take measurements on Beaver Bank Road after the Oct. 18 crash. JEFF HARPER/METRO

## Witnesses sought after fatal crash

## ROADS

### Alcohol likely a factor in pair of collisions, RCMP say



Haley Ryan  
Metro | Halifax

Police are asking anyone who witnessed Sunday's Head of Chezzetcook crash on Highway 7 to come forward.

At around 2:35 p.m. Sunday, police responded to the single-vehicle collision near Mary Etta Drive where they say the passenger, a 40-year-old Dartmouth man, died.

The driver, a 45-year-old also

from Dartmouth, wasn't seriously injured.

RCMP spokesman Cpl. Greg Church said investigators believe the vehicle passed a dump truck moments before the crash happened. They're looking to speak with the dump-truck driver or anyone else who saw what took place.

Church said RCMP are reviewing evidence in both the Chezzetcook crash and one in Beaver Bank on Oct. 18 that killed two people.

A 21-year-old male passenger died of his injuries at the Beaver Bank Road scene around 1:30 a.m., while a 22-year-old Lower Sackville woman later died in hospital.

"Investigations in both of them are still ongoing," Church said.

### + MORE DETAILS

Susan MacAskill, Atlantic region manager for Mothers Against Drunk Driving (MADD), said in her experience, when police say alcohol is involved, charges are likely pending.

"It's just a matter of the process that they go through," MacAskill said Monday. "They're trying to minimize any potential for their investigation to be questioned."

Police believe alcohol was a factor in both crashes, but Church said charges would only be laid only if the evidence leads them in that direction.

### IN BRIEF

#### Man who reportedly darted in front of car in Halifax facing a fine

A pedestrian who suffered broken ribs after being struck by a car in Halifax is now facing a fine.

Police say it appears the 52-year-old man bolted out in front of the car on Windsor Street Sunday evening — and wasn't near a crosswalk at the time.

The man ended up in hospital with broken ribs and a collapsed right lung.

But police still issued him a \$410 ticket under the Motor Vehicle Act.

THE CANADIAN PRESS

## INVESTIGATION

## Urination leads to alleged fraudsters

Halifax police say a complaint about public urination led to the discovery of an apparent fraud operation.

Police received a call about a man urinating on a tree at a city intersection at around 3:45 a.m. Saturday.

The man got into a car, which responding officers followed to a convenience store where two men in the vehicle were arrested for breaching court orders and a third for obstructing a police officer.

The ensuing investigation led officers to a home that police say the men had rented two weeks earlier.

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Three Quebec men are facing several charges, including fraud over \$5,000, possession of stolen credit cards and possession of property obtained by crime.

Inside, investigators allegedly found materials used to produce fake credit cards and other items that police allege were obtained fraudulently.

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# Macdonald Bridge delays not yet over: Commission

## TRAFFIC

### Overnight closures could begin again Tuesday night



**Stephanie Taylor**  
Metro | Halifax

Less than a day until overnight closures of the Macdonald Bridge are set to resume to continue with a mega re-decking project, Halifax Harbour Bridges isn't promising the end of morning delays.

Alison MacDonald, communications manager with the bridge commission, said staff met with the contractor, American Bridge Canada Company, on Monday, and planned to do so again Tuesday.

The meetings are in order to affirm "plans are in place to make sure that we don't have a repeat of what happened last week," she explained.

Motorists can remember when the bridge, slated to accommodate rush-hour traffic and reopen at 5:30 a.m., was delayed by nearly five hours one morning, then nine hours another. The delays caused hours of gridlock, with traffic backed up as far as Cole Harbour.

Last Friday, the commission announced that overnight closures would cease until Tuesday



Halifax Harbour Bridges staff and curious onlookers watch the first new section of the Macdonald Bridge being raised into position earlier this month. JEFF HARPER/METRO

at the earliest.

As of Monday, MacDonald said nothing had been confirmed.

"Will there be any other time in this project when there's a delayed opening? We can't promise that," she said.

"But we want to minimize that as much as possible."

Although MacDonald says she was not privy to the talks between the commission and the contractor, she said that new

**“Safety is paramount.”**  
Coun. David Hendsbee

plans revolve around whether the contractor could put a stop to work that is proving difficult and likely to cause delays, rather than continuing with the process.

"We can't open a bridge with a hole in it, obviously," MacDonald explained.

"But there are certain checkpoints throughout the course of their work where (contractors) would know what might cause a delay."

Coun. David Hendsbee sits on the bridge commission and reiterated on Monday that regardless of any traffic headaches, safety must and will remain the top priority of the project.

"They will not rush anything to open up for convenience sake," he said.

Despite remaining open for the past few nights, drivers will have noticed two bumps where the old segment of the bridge meets the new one, slowing down their commute.

"There will always be some bump as we're replacing deck segments," MacDonald said, explaining one bump has since been smoothed down.

## CRIME

### Senior hands money to stranger



**Philip Croucher**  
Metro | Halifax

Police are warning the public about a suspicious man who they say pushed his way into a Halifax home after asking for money from a senior.

Halifax Regional Police say the incident happened Sunday around 12:30 p.m. in the 6100 block of Allen Street.

Police say the suspect went to the home, knocked on the door and asked the 86-year-old woman who answered for money.

The senior did just that, and was then asked by the man if he could use her washroom.

Before answering, police say the suspect pushed past her and went inside the house.

When he left, some money was missing, police say, so she called a family member who then contacted police.

"The woman told the officers that the same man had been to her residence a few days prior asking for money, and believing him to be soliciting donations for a local charity, the woman gave him an undisclosed amount of money," a police release states.

The suspect is described as a white man in his 20s, about six feet tall and weighing 130 pounds. He was wearing black clothing and red sneakers.

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Immigration Minister Lena Metlege Diab says the province is always looking to do more to improve immigration. METRO FILE

# Not ‘just a handshake’

POLITICS

## Summit brings together ideas on enhancing immigration



Haley Ryan  
Metro | Halifax

A former international student now working in Halifax said one part of making newcomers feel like they belong is going “beyond just a handshake.”

On Monday, the province brought together more than 200 businesspeople, post-secondary institutions, community leaders, politicians and newcomers to Nova Scotia in a summit to discuss how to enhance immigration.

“The more people we get coming and staying here, it’s better for the economy. They create jobs and not just for other newcomers, but they also create jobs for Canadians,” said Isaac Mbaziira, project co-ordinator for the Connector program with the Halifax Partnership.

Mbaziira, who moved to Halifax in 2008 from Uganda to attend Saint Mary’s University, said the summit was a

“fantastic” way to share ideas and was happy to see a large turnout.

He said after hearing the panel discussions and presentations, one thing that stood out was that while Nova Scotians are known to be friendly, we can work on being more welcoming when it comes to integrating new residents into a community.

Initiatives such as Share Thanksgiving, where newcomers are matched with locals to share a meal, really help, Mbaziira said, as do events through Immigrant Services Association of Nova Scotia and the YMCA.

“People really need to get behind those organizations and really participate more,” Mbaziira said.



### Our strength in Nova Scotia is our partnerships.

Immigration Minister  
Lena Metlege Diab

He also said it’s up to everyone to think about how they can lead a newcomer to a job, friend, or other support system. “We need to go beyond just a handshake,” Mbaziira said. “Everyone in Halifax should be a connector.”

Immigration Minister Lena Metlege Diab said the province can always do more and “we are going to do more,” but said the summit was especially important because it brought together people who would never have had the chance to speak or share ideas before.

MARKETING

# Firms in Toronto, Halifax win tourism contract for Nova Scotia

The Nova Scotia government has awarded a \$6-million tourism marketing contract to the Toronto arm of a national agency in hopes of doubling tourism revenues over the next nine years.

DDB Canada will partner with Halifax-based marketing agency Trampoline on the contract for Tourism Nova

Scotia.

The contract involves leading creative development for all Tourism Nova Scotia marketing, as well as managing digital services and media planning.

Tourism Nova Scotia interim president Michele McKenzie says DDB and Trampoline will help the province meet

the goal of doubling tourism revenues to \$4 billion by 2024.

Tourism Nova Scotia issued the public tender in July and received 20 submissions, which were scored by a panel that included the agency, industry representatives, and procurement experts.

THE CANADIAN PRESS

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The day DDB Canada and Trampoline take over from Halifax-based Extreme Group.

THE CANADIAN PRESS

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**DARTMOUTH COLOURS OF THE SEASON** A man and his dog enjoy a walk in Shubie Park under a blanket of leaves on Monday in Dartmouth, where the fall leaves are at their peak, providing the perfect backdrop for photos. JEFF HARPER/METRO

# Nothing new about NDP: Stoffer

## POLITICS

### Ousted MP proposes new name, other changes for party

The New Democratic Party should drop the word “new,” says former MP Peter Stoffer.

The 18-year veteran politician, who lost his riding last week in Sackville-Preston-Chezzetcook, suggests the New Democrats should consider becoming the Democratic Party.

“It is a simple change, it’s superficial ... but if you just call yourselves the Democrats

... people can digest that very easily,” he said.

Stoffer, who was among those who pushed for structural party reform in 2001, also favours separating the federal and provincial wings of the NDP.

“If you join, for example, the Ontario NDP, you’re an automatic member of the federal NDP,” he said. “That has to change.”

“We need to break that sort of string that ties us both together ... we’re the only party that does that. I’ve been asking for many, many years now to change it and I think it’s time we did that.”

He also said the party



**Peter Stoffer lost his Halifax-area riding in the recent federal election.** THE CANADIAN PRESS

should abandon the 1961 agreement that brought the Co-operative Commonwealth Federation and the Canadian Labour Congress together to form the NDP.

“The reality is, labour votes the way they want to vote and that’s the way it should be,” he said. “But no political party should be tied to any ... one

group over others. We should be a true democratic party for every single Canadian.”

“Labour and the NDP need to have that mature conversation and say, ‘Let’s be the best of friends, let’s ... work together for social change in this country,’ but don’t necessarily need to be formally aligned.”

## + TRANSITION

As the parting process continues for many team members, NDP Leader Tom Mulcair has been reaching out to his shrunken caucus.

He has named defeated Ottawa MP Paul Dewar as senior transition adviser for both party and parliamentary operations, to help with staffing and reorganization.

The NDP’s disappointing showing last week remains painful for party faithful

who felt they could form a government for the first time in history under Mulcair’s leadership.

“They’re back to exactly where they historically always were,” said Carleton University political science professor Jonathan Malloy. “Obviously they lost more than half their seats, they’re no longer in that contending position where they were for the last four years. That has to hurt.”

Stoffer is among dozens of defeated New Democrats going through the painful send-off process — clearing offices and saying goodbye to staff.

“I have poor people working for me who are the best in the country and unfortunately they’re now unemployed because of what happened,”

Stoffer said.

Stoffer will briefly return this week to empty his eccentric Ottawa office, which features a pool table and dozens of hats and buttons he has collected over the years.

This will all be sold off to raise money for charity, he added. THE CANADIAN PRESS



**I know there’s not much we could have done. We ran probably the best campaign we ever did, we thought we had the numbers, (but) it just didn’t turn out to be right.** Peter Stoffer



# Actor stands up for Gulf

## OIL AND GAS DRILLING

### Ethan Hawke a special guest at Mi'kmaq water ceremony

Four-time Academy Award nominee Ethan Hawke has added his star power to efforts by environmentalists and a Nova Scotia Mi'kmaq community trying to muster support for a moratorium on oil and gas exploration in the Gulf of St. Lawrence.

Hawke was the special guest at the Mi'kmaq community's annual water ceremony held Monday in Pomquet Harbour near Antigonish.

Hawke, who owns land in nearby St. George's Bay, was asked to attend the event in support of his neighbours.

The actor said he wanted to stand up for "an absolutely magical place" where he has lived for parts of the summer for the past 15 years.

"I'm sure some people are wondering what I'm doing here," said Hawke. "I'm largely here as your neighbour and your



A water ceremony on the shores of Pomquet Harbour was held to support the aboriginal call for a moratorium on oil and gas exploration in the Gulf of St. Lawrence on Monday.

ANDREW VAUGHAN/THE CANADIAN PRESS

friend and a friend to this area."

Hawke said the native community members have proven to be trustworthy stewards of the land and it was an honour to take part in their event.

The ceremony involved prayers and offerings by Mi'kmaq

elders as the sound of traditional drums and the smell of burning sweetgrass filled the air.

Held each season, it honours the Mi'kmaq people's relationship with the water, the fish, the land, and their resources.

Hawke said he's glad his ce-

lebrity drew media to cover the event. But he also downplayed his participation.

"I know the real difference will be made in other rooms," he said. "It's just an opportunity to talk about it.... I was invited to be a part of this so I take it

**Ethan Hawke is here doing something about the Gulf. What are you (MPs) doing about the Gulf?**

Troy Jerome

seriously."

The Mi'kmaq and environmental groups want a 12-year moratorium on any potential drilling in the Gulf. They say it will take that long to complete a proper and comprehensive environmental assessment of a bio-diverse area of the ocean.

"While Canada's thinking about drilling out there ... we are telling them that they can't do it without talking to the Mi'kmaq," said Troy Jerome, executive director of the Mi'gmawei Mawiomni Secretariat.

Jerome said with a new Liberal government about to take power in Ottawa, Canadians need to ask their MPs what they are doing about the Gulf.

THE CANADIAN PRESS

## AQUACULTURE

### Rules to affect licences

Nova Scotia's Liberal government has released new aquaculture rules and is creating an agency to regulate the approval of new aquaculture licences.

Fisheries Minister Keith Colwell said the rules create an independent Aquaculture Review Board, and also provide the industry with a fresh set of regulations to follow when they expand or transfer ownership.

Colwell said in a news release the province is taking into account recommendations from a report prepared by Dalhousie University legal experts Meinhard Doelle and Bill Lahay regarding the \$60-million industry.

The province will start accepting new applications next year and in those instances it will be up to the independent review board to hold a public hearing to approve or deny the applications.

The government's website says each person at the hearing will be allowed to speak for a maximum of six minutes.

THE CANADIAN PRESS

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## EVERYTHING MUST GO!



# 'You'll see more money'

Each day this week, Metro is taking an in-depth look at some of the immediate items on prime minister-designate Justin Trudeau's to-do list. Today, we examine his promise to raise taxes on high-income earners and cut them for the middle class.

**Michael Woods**  
Metro | Ottawa

During his first couple of years as Liberal leader, Justin Trudeau spoke at length about helping the middle class, but didn't give many specifics on how exactly he would do it.

That all changed on an early May morning at Dinty's, a casual family restaurant in the west end of Gatineau, Que.

Trudeau announced the Liberals would create a new, fifth tax bracket for high-income earners and use the money to fund a tax cut for middle-income earners.

In other words, a Liberal government would ask the rich to pay more so the middle class can pay less.

The plan, along with the proposed Canada Child Benefit and scrapping income splitting, became a central piece of Trudeau's "fairness" pitch to so-called middle-class voters.

Less than two weeks before the federal election, Trudeau upped the ante: He said the tax cut would be the first legislation his government would introduce after election day.

"A Liberal government will introduce, as its very first bill in Parliament, a tax cut for the middle class," he said at a suburban Toronto grocery store on Oct. 9. "You'll see more money on your paycheques right away."

## Trudeau PROMISES TRACKER

### PART II

- GENDER PARITY
- **TAXATION**
- REFUGEES
- CLIMATE
- INDIGENOUS WOMEN



Prime minister-designate Justin Trudeau hugs a supporter as he leaves the stage after a welcome rally in Ottawa on Oct. 20.

ADRIAN WYLD/THE CANADIAN PRESS

It's unclear at this point when Parliament will be recalled. Trudeau is appointing his cabinet Nov. 4. But here's how the plan will work.

The Liberals have said they will create a new, 33 per cent tax bracket for Canadians making more than \$200,000 annually. They would also cut the tax rate

for people earning between \$44,701 and \$89,401 from 22 per cent to 20.5 per cent.

## A Liberal government will introduce, as its very first bill in Parliament, a tax cut for the middle class

Prime minister-designate Justin Trudeau

Trudeau has said that will save \$670 per person, per year.

The Liberal platform says the two tax changes will be revenue neutral: The \$3 billion in tax relief for middle-income earners will be offset by \$3 billion in revenue generated by the new tax bracket.

There are questions about who would benefit most from

the tax cut.

"They're calling it a middle class tax cut because it aims at the middle tax bracket," said David Macdonald, senior economist at the Canadian Centre for Policy Alternatives. "In fact, the people who get the most benefit from the middle class tax cut earn the top 20 per cent of households."

Macdonald said to fully benefit from the proposed tax break, people would have to earn a greater amount than the top of the bracket.

"You have to make at least \$89,000 personally to benefit from the full value of this tax break," Macdonald added. "That's three times the median income."

However, Macdonald said the Liberal platform has progressive elements, such as the Canada Child Benefit, which will do much for families with children, as well as boosting the guaranteed income supplement, which will help seniors.

## Names vying for top spot

The race for interim leader of the Conservative Party already has several candidates, and several more have confirmed they are not running. Metro compiles a list of who's in and who's out.

### WHO'S IN?

#### 1 Erin O'Toole

Veterans Affairs Minister



#### 2 Rob Nicholson

Minister of National Defence



#### 3 Diane Finley

Minister of Human Resources



### WHO'S OUT?

#### 1 John Baird, Former foreign affairs minister



#### 2 Mark Mulroney, Son of former prime minister Brian Mulroney



#### 3 Jean Charest, Former premier of Quebec



METRO WITH FILES FROM THE CANADIAN PRESS

### OFFICIAL RESIDENCE

## Trudeaus to move into Rideau Cottage

Justin Trudeau will not move into the traditional prime minister's residence at 24 Sussex Drive in Ottawa, at least until further notice.

Instead, the prime minister-designate and his family will live at Rideau Cottage, a 19th-century home on the grounds of Rideau Hall, the governor general's residence.

The cottage is actually a two-storey Georgian Revival brick home built in 1866-67 to serve as a home for the secretary to the governor general.

Annabelle Cloutier, a spokes-

woman for Rideau Hall, said this will be the first time a prime minister has lived on the grounds of the governor general's residence.

Rideau Cottage is in an area not normally open to the public, but extra security will be provided on its perimeter.

The residence at 24 Sussex has been in need of repairs for years. In 2008, the National Capital Commission estimated repairs would cost about \$10 million and would require full access to the residence for at least one year. THE CANADIAN PRESS



Rideau Cottage, on the grounds of Rideau Hall in Ottawa on Monday. Prime minister-designate Justin Trudeau announced he would move into the residence. ADRIAN WYLD/THE CANADIAN PRESS

### IN BRIEF

#### Problems dog data centre move for commission

The move of the Public Service Commission's systems from a data centre in Ottawa to one north of Toronto appears to have cost time and effort after services failed. The details are in an undated briefing note to the president of Shared Services Canada, the government's super-IT department. Physical distance and a cut cable have been cited as reasons for outages and degradation in application performance.

THE CANADIAN PRESS

#### Public sector workers begin rotating strikes

Public sector workers in Quebec began a series of rotating strikes across the province on Monday to protest lagging contract talks with the provincial government. Thousands of teachers, health care workers and support staff were off the job in a number of regions and their colleagues will take turns demonstrating in different parts of the province until Thursday.

THE CANADIAN PRESS



# Info on sinking victims released

## BRITISH COLUMBIA

### Five killed in boat capsizing were British, officials say

All five people who died after a whale-watching ship sank off the west coast of Vancouver Island were British nationals, Britain's Foreign Office confirmed Monday.

"My thoughts are with the family and friends of all those affected by this terrible accident," British Foreign Secretary Philip Hammond said in a statement, adding consular staff in B.C. are supporting grieving family members.

The B.C. Coroners Service said Monday those who died ranged in age from 18 to 76, and that four of them were men.

Three of the dead were from Britain, while two of the British nationals were living in Canada. The woman was from B.C., and a man lived in Ontario, the service said.

A tour boat with 24 passengers and three crew members on board sank Sunday afternoon about 15 kilometres northwest of Tofino, B.C.

First responders managed to rescue 21 passengers, some of them injured. The search for one person still missing was called off Sunday night.

Boats from the nearby Ahousaht First Nation that answered the ship's mayday call on Sunday around 4 p.m. found it partially submerged.

Authorities have not said



Canadian Coast Guard crew arrive at a dock in Tofino, B.C., shortly after midnight Monday following a search-and-rescue operation on Sunday involving a whale watching boat with 27 people on board that capsized near Vancouver Island. Authorities have not said what might have caused the boat to sink. CHAD HIPOLITO/THE CANADIAN PRESS

what might have caused the boat to sink.

Kelsey Rix and two other health-care workers were on a Tofino dock Monday preparing to leave for the village of Ahousaht.

The community health nurse said they'll be checking

on the well-being of those who tried to help people thrown into the water.

"The local First Nations were the first in the water and the first to pull out the victims," she said.

Valerie Wilson, with the Island Health authority, said

four people remain in different hospitals around the province. All of them are listed in stable condition, she said.

Wilson said 18 other people aboard the vessel have been assessed, treated and released from hospital in Tofino.

Robert Burrige of Na-

naimo, B.C., was in Ahousaht on Sunday afternoon and estimates that every available vessel in the village was in the water searching for missing people.

"The Ahousahts were the first on the scene," he said. "They know these waters. They

## + STATEMENT

The 20-metre boat, the Leviathan II, belonged to a local whale watching company called Jamie's Whaling Station.

It issued a statement saying its entire team was heartbroken by the tragic day.

"We are doing everything we can to assist our passengers and staff through this difficult time," owner Jamie Bray said. "We are co-operating with investigators to determine exactly what happened."

have a custom not to leave a body out at sea."

Ahousaht First Nation Coun. Tom Campbell was on the Tofino waterfront and watched as rescue personnel brought several of the survivors ashore.

"Their looks tell the whole story," he said by phone from Tofino. "You can't describe looks on people that are lost. They look totally lost — shocked and lost."

The mayor of Tofino commended locals for their contributions.

"Everybody's heart is just breaking for what's going on here and wanting to be as helpful as possible," Josie Osborne said by phone late Sunday.

Michael Harris, executive director of the Pacific Whale Watching Association, said the whale-watching community is in shock over the incident.

THE CANADIAN PRESS

## FIRST NATIONS

### Judge: Books closed pending decision

A federal court judge has ruled five First Nations don't have to open their books to the public pending a challenge to a federal law.

The First Nations Financial Transparency Act, passed in 2013, requires all reserves to post salaries and audited financial statements online.

The reserves challenging the law say it is unconstitutional based on their treaty and aboriginal rights.

Ottawa took the five bands — Sawridge and Athabasca Chipewyan First Nations in Alberta and Thunderchild, Ochapowace and Onion Lake bands in Saskatchewan — to court earlier this year for not filing their information.

Court cases are also pending

against another three reserves: Roseau River Anishinabe in Manitoba, Liard First Nation in Yukon and Algonquins of Barriere Lake, Que.

Judge Robert Barnes wrote in his decision, released Friday, that the government has the right to enforce its law until the challenge is heard.

But "the greater public interest favours the respondent First Nations and their right to move forward with their litigation in the absence of the encumbrance of the attorney general's competing application."

The government has withheld funding from dozens of reserves that haven't released their information by a set deadline. THE CANADIAN PRESS

## POLITICS

Canada's U.S. ambassador says his stint will end soon Canada will soon have a new ambassador to Washington.

Gary Doer has confirmed he'll be leaving Canada's most important diplomatic post once he's helped the new Liberal government with its transition.

The sports-loving ambassador made the announcement in characteristic fashion: with a hockey metaphor.

Repeating a phrase he's often used when asked how much time he has left, Doer described himself as being in "double-overtime" — and, in his first interview since Canada's federal election, he made it clear there will be no triple-overtime. THE CANADIAN PRESS

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## EU CRISIS

## Migrants surging across Balkans

The surge of migrants crossing the Balkans on their way to Western Europe continued unabated on Monday in the hours after European leaders reached an agreement to slow the flow that has heightened tension among nations along the route.

European Union leaders committed to helping the Balkans handle the flow of people making their way through the region en route to more prosperous countries. But with cold weather setting in and record numbers of people arriving, questions remain about whether that assistance can come quickly enough to make a difference.

"This is a step in the right direction and now it is crucial



**This is a step in the right direction.**

Miro Cerar, PM of Slovenia

to respect the commitments," said Slovenian Prime Minister Miro Cerar.

Croatian police said Monday more than 13,000 migrants arrived from Serbia in the past 24 hours, while Slovenian police reported nearly 10,000 arrivals from Croatia in the same period. Further west, some 3,500 people had to sleep outside in Austria in cold fall weather, while Germany said it had seen 15,000 arrivals over the weekend.

The EU leaders committed to bolster the borders of Greece as it struggles to cope with the wave of refugees from Syria and beyond who cross over through Turkey. They agreed reception capacities should be boosted in Greece and along the Balkans migration route to shelter 100,000 more people as winter looms and additional EU border watchdog agency officials will be deployed to monitor the flow.

THE ASSOCIATED PRESS



A migrants reception facility is seen in Brezice, Slovenia. Thousands of people are trying to reach northern Europe via the Balkans. ELDAR EMRIC/THE ASSOCIATED PRESS

### IN BRIEF

#### Abbas seeks EU help to ease crisis with Israel

Palestinian leader Mahmoud Abbas came to European Union headquarters Monday to seek the bloc's help with the crisis with Israel. There have been almost daily Palestinian attacks against Israeli civilians and security forces. In the past five weeks, 10 Israelis have been

killed in Palestinian attacks, while 51 Palestinians have been killed by Israeli fire, including 30 said by Israel to be attackers and the rest in clashes. Abbas said a cause of the flare-up is Israel's refusal to honour an arrangement governing a sensitive holy site in Jerusalem revered by both Jews and Muslims. THE ASSOCIATED PRESS



Victims of Monday's earthquake receive treatment at Ayub Medical Hospital in Abbottabad, Pakistan. The earthquake reverberated across Asia and took a massive toll in the mountain regions near the Afghan-Pakistan border. AQEEL AHMED/THE ASSOCIATED PRESS

# Afghanistan reeling from massive quake

## SOUTH ASIA

## 7.5-magnitude event causes widespread death, damage

A massive earthquake struck remote and impoverished regions of northern Afghanistan and Pakistan on Monday, killing at least 263 people as it shook buildings across South Asia and knocked out power and communications to already-isolated areas.

The 7.5-magnitude quake was

centred deep beneath the Hindu Kush mountains in Afghanistan's sparsely populated Badakhshan province, which borders Pakistan, Tajikistan and China, the U.S. Geological Survey said.

In the Afghan capital of Kabul, buildings shook for 45 seconds, walls cracked and cars rolled in the streets as electricity went out. Workers who had just returned from lunch rushed from swaying buildings in the Pakistani capital of Islamabad and to the south in the Indian capital of New Delhi.

At least 228 people were killed in Pakistan, with more than 1,000 injured, while Afghan of-

ficials reported 33 dead and more than 200 injured, and authorities in the Indian-controlled Kashmir region reported two deaths. Officials expected the casualty toll to rise as they reached the remote areas.

Authorities struggled to reach the hardest-hit areas in Afghanistan near the epicentre, located 73 kilometres south of Fayzabad, the capital of Badakhshan province.

Afghanistan's President Ashraf Ghani sent condolences to those who lost relatives and property and appointed an "assessment committee" to ensure emergency

### + AID

The U.S. has emergency shelters and kits stored in Afghanistan that could be used for aid there. Pakistan's army chief Gen. Raheel Sharif, has ordered troops to respond to affected areas in his country.

THE ASSOCIATED PRESS

relief reached the needy as soon as possible, his office said.

THE ASSOCIATED PRESS

## DEMOCRACY

## Roundup: Voters around the world cast ballots in elections

## HAITI

Haiti's voters have spoken. But nobody's quite sure what they've said.

Even tentative results of Sunday's presidential election likely won't be known for at least 10 days, despite the fact the election, which involved 54 presidential candidates and tens of thousands of contenders for other races, went unusually smoothly.

Haitian and international rights groups said voting was



largely free of any disorder.

## POLAND

Official results from Poland's parliamentary election on Monday confirmed the right-wing Law and Justice party took more

votes than any other group.

The country's election authority said Law and Justice won 37.6 per cent of the vote in Sunday's parliamentary election.

## UKRAINE

Four exit polls from Ukraine's local elections released Monday indicated the governing coalition would retain its dominant position in the west and centre of the country despite widespread disappointment with



President Petro Poroshenko's government.

In the south and east, voters favoured the Opposition Bloc, formed from the remnants of the party of the former pro-Russia president.

More than 130 parties fielded candidates. Complete results are expected Nov. 4.

## ARGENTINA

The top 2 presidential candidates in Argentina reset their campaigns Monday after a razor-close election vote forced a runoff and cast doubt on the legacy of President Cristina Fernandez.

## GUATEMALA

Now that former comedian



Jimmy Morales has ridden a tide of voter frustration to win Guatemala's presidency, it remained unclear Monday about what the political neophyte might do once in office.

THE ASSOCIATED PRESS



# Canada Post suspends community mailboxes

## POSTAL SERVICE

### Decision affects nearly half a million households

The country's national mail carrier has halted the installation of community mailboxes, one week after the Trudeau Liberals were elected with a pledge to scrap the move away from door-to-door delivery.

"Canada Post is temporarily suspending future deployment of the program to convert door-to-door mail delivery to community mailboxes," the Crown agency said in an email.

The move means nearly half a million households that were to be converted over the next two months will keep their current mail service.

"Efforts are now underway to place the comprehensive program on hold in an orderly fashion," said the statement.

"Customers impacted by this decision will receive a letter within the next few weeks advising them of the status of their mail delivery service."

But those already converted over the last 10 months will not get door-to-door service back — at least not under Canada Post's current plan.

The union representing postal employees said it was elated with the news. But the Canadian Union of Postal Workers will be pushing the Liberal government to reverse the cuts to postal services that have been made so far, said the organization's national president.

"I think the people of this country spoke quite clearly last Monday," said Mike Palecek.

"We also need to look at re-



Canada Post announced in 2013 a plan to phase out door-to-door delivery and cut up to 8,000 jobs as home mail delivery revenues continued to decline. THE CANADIAN PRESS FILE

## + WHERE IT STANDS THIS YEAR

### Mail volumes decline but overall revenues increase

Canada Post reported in May that letter mail volumes fell 8.4 per cent in the first quarter of 2015, or by 41 million pieces, compared with the same period a year earlier. At the same

time, however, the agency said it recorded a 10-per cent increase in overall revenues and a before-tax profit of \$24 million in the first three months of the year, contrasting with a \$37-million loss during the same quarter in 2014.

storing the home mail delivery to those who have already lost it," Palecek added.

"And we need to look at having a public mandate review for Canada Post about exactly what direction we want this Crown corporation to go."

CUPW has been pushing Canada Post to expand its business into ventures such as postal banking services, similar to those adopted in other countries including the United Kingdom and France.

Liberal Leader Justin Trudeau

promised during the election campaign to reverse cuts to door-to-door mail delivery that were begun under the Harper Conservative government.

And with the Liberals elected to a majority government, some Liberal MPs said they were getting an earful from constituents who wanted to know why the boxes were still being installed.

There were several localized protests against the installations in Ontario and Newfoundland and Labrador, with some people defiantly taking to standing or lying on dirt piles to prevent workers from placing cement foundations for the mailboxes.

THE CANADIAN PRESS

## PHARMACEUTICALS

### Valeant fires back at Citron Research

Drug maker Valeant Pharmaceuticals is asking U.S. securities regulators to investigate Citron Research, whose explosive report about the Quebec-based company's business practices caused its stock to crater.

Chief executive Michael Pearson told analysts Monday that the main reason for Valeant's recent problems is that it is the victim of false allegations by outsiders who want to manipulate the market to their own profit.

Pearson says he has called on the Securities and Exchange Commission to investigate Cit-

ron Research and Andrew Left, its executive editor, after the U.S. short seller compared Valeant to Enron, the U.S. energy firm that collapsed after widespread deception and fraud at the high-est levels of management.

"His motivation is the same as someone who runs into a crowded theatre to falsely yell 'fire'," Pearson said. "He intentionally designed the report to frighten our shareholders to drive down the price of our stock so he could make money for his short selling."

THE CANADIAN PRESS

## RETAIL

### Bay plans discount U.S. fashion chain

Hudson's Bay Co. is bringing a new discount fast fashion option to the United States.

The Canadian department store chain operator says it hopes to attract young shoppers on the hunt for cheap and trendy threads with Find @ Lord & Taylor. The offshoot of its Lord & Taylor department store chain will stock name brands at prices reduced by as much as 70 per cent.

Styles hot off the runway have been soaring in popular-

ity over the past decade, led by European low-priced chains like H&M and Zara. As those companies rapidly expand into smaller markets, they've attracted more people who might have once spent their money at department stores.

Hudson's Bay Co. says its new Find @ Lord & Taylor stores will offer a selection of women's, men's and kids apparel, as well as footwear and home furnishings.

THE CANADIAN PRESS

## IN BRIEF

### CMHC sees slowdown

A rise in the inventory of unsold homes, higher prices and mortgage rates and an increase in the supply of rental units are all expected to cool the housing market over the next two years, Canada Mortgage and Housing Corp. said Monday.

THE CANADIAN PRESS

## market minute

|  |  |
|--|--|
|  | <b>DOLLAR</b><br>75.97¢ (+0.07¢)       |
|  | <b>TSX</b><br>13,790.90 (-162.76)      |
|  | <b>OIL</b><br>\$43.98 US (-62¢)        |
|  | <b>GOLD</b><br>\$1,166.20 US (+\$3.40) |

**NATURAL GAS:** \$2.062 US (-22.4¢)  
**DOW JONES:** 17,623.05 (-23.65)

**metr**

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What Do You Mean
- Halsey  
The New Americana
- Ellie Goulding  
On My Mind
- Macklemore ft Ryan Lewis  
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- The Weeknd  
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- and -  
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Hfx No. 441737  
PLAINTIFF  
DEFENDANT

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**PROPERTY:**  
ALL that certain lot, piece or parcel of land situate, lying and being in Halifax County, Nova Scotia, and known as Civic No. 125 Atholea Drive, Cole Harbour, Nova Scotia, property identification number 41194671 and described in a Mortgage dated July 3, 2012 and registered at the Halifax County Land Registration Office as Document No. 101044494.  
This property has been migrated pursuant to the *Land Registration Act*.

A copy of the description of the property, as contained in the mortgage foreclosed, is on file at the Sheriff's office and may be inspected during business hours.

**Date of Sale:** Tuesday, November 24, 2015  
**Time of Sale:** 11:00 a.m.  
**Place of Sale:** The Law Courts, 1815 Upper Water Street, Halifax, Nova Scotia  
**Terms:** 10% deposit (payable by cash, certified cheque or Solicitor's trust cheque) at the time of sale, remainder within 15 days upon delivery of deed.

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## EMMA TEITEL

**It's too early to tell what the PM's pot-friendly Canada will look like. But what it won't look like, I'd wager, is a land full of sober teenagers.**

Everybody wants success, but few know what to do with it. The American poet Dorothy Parker said it best when she wrote: "If I should labor through daylight and dark/ Consecrate, valorous, serious, true/ Then on the world I may blazon my mark/ And what if I don't, and what if I do?"

Justin Trudeau is familiar with the sentiment: there are equal parts joy and dread in having one's dreams come true. The Liberals' rapid rise means a party previously down and out must deliver on some very big promises.

Trudeau campaigned on legalizing and regulating

marijuana, something he believes will limit youth access to pot by eroding the black market. But beyond vague assurances that legalization and regulation are good and prohibition is bad, his party hasn't yet informed the public about when or how exactly its legal pot plan will materialize.

"Between now and Nov. 4, our commitment is forming a new government," says Liberal spokesman Cameron Ahmad. Legalization, he adds, will "ensure that criminal organizations don't benefit from government policy that isn't working."

Pot activists, meanwhile, are having a Dorothy Parker moment of their own, ambivalent about the future. Hugó St-Onge, spokesperson for the Bloc Pot — a pro-cannabis party in Quebec — is happy to see a weed-friendly PM in office but worries the Liberals'

proposed regulation will be too strict and too expensive to stymie organized crime.

Government officials in Colorado warn that legalization is rife with complications. Trudeau may not be thinking in great detail about an issue his party has filed under "to do after Nov. 4."

It's too early to tell what a pot-friendly Canada will look like. But it won't be, I'd wager, a land of sober teenagers.

Yes, legal weed may erode the black market, but the argument that legalization will keep weed away from youth is unconvincing. Regulation may curb organized crime's influence but it cannot eliminate another pesky criminal entity: the older sibling who — out of kindness or for the right price — is willing to assist a younger sibling. Which is to say, alcohol is legal and regulated, but that does not prevent irrespon-

sible brothers and sisters of legal drinking age (bless them) from stocking the fridge with beer for their siblings' parties.

A Canada with legal weed will likely be a Canada in which more people are stoned. That some of those people may be teens is disturbing to many. But parents wary of Trudeau's promise might take comfort in the possibility that legalization will eliminate the criminal stigma, making it easier to ask kids about pot.

In a world where pot is illegal, the message to youth is a) It should be avoided at all costs and b) It's totally cool to overindulge, and anyone who suggests otherwise is a blowhard. Legalization will not solve all our problems but it will make it clear the truth lies somewhere in the middle.

**Emma Teitel** is a national columnist for the Toronto Star. She has been a front-of-the-book columnist for Maclean's magazine for the past four years, focusing on a wide range of subjects including women's issues and popular culture. She won the National Magazine Awards gold award for columns in 2013.

## ROSEMARY WESTWOOD

metroview

**Anti-choicers don't just hate abortion, they hate vaginas**

Yeast infections! Yeast infections! Shout it with me: Yeee-aaasssst infeections!

Fun, right?

But, also: effective.

I don't mean the infections themselves, though they are effective at causing extreme itchiness (God bless antifungal cream).

No, I mean shouting "yeast infections" breaks up anti-Planned Parenthood protests faster than Angry Con derails a Harper rally.

Women might be susceptible to the discomfort of Candida albicans (vaginal yeast), but Planned Parenthood demonizers? They're allergic to just the words. Admittedly, it takes a few doses. Try chanting "yeast infections!" over and over for 20 minutes. Add a high kick or two. Should do the trick.

For this treatment, we can thank Mary Numair, a 29-year-old from Portland, Ore.

It all started Sunday, when protesters, one carrying an "Abortion Kills Children" sign, began marching outside the cat rescue where Numair works. So, she got started with her own cardboard sign: "Dear P.P., Thanks for helping with my yeast infections!" Decorating the sign with hearts, a stick figure with breasts and a close-up of a vagina, Numair infiltrated the crowd.

"I did get called a whore," she told Slate magazine. "One woman was shaking her head. I knelt down to her kid and

said, 'Do you know about yeast infections?'"

"I don't know why I started chanting.... It just came out," she said. "And I started doing high kicks, which I don't normally do in my skinny jeans."

Though the protesters tried to ward her off by praying for her, they eventually couldn't take it anymore and left. She posted her win on Instagram and told Slate she's convinced her tactics will work for others. (I reached out to Numair but didn't hear back.)

This event is instructive. Numair has shown that anti-choicers don't only hate abortion, they find actual vaginas icky. (Sticky, I'll grant you, but wonderful.)

Planned Parenthood has been vilified for a video about its fetal tissue donation program. It's fighting to survive defunding attacks from state and federal politicians, while women, by dint of geography, means or insurance status, are increasingly denied the right to abortions and other crucial health services PP provides.

So, you can see why pro-PP protesters need all the ammunition they can get — and Numair's chant has opened up a plethora of explicitly genital-related choices. Vagina! Labia! Bladder infection! Chlamydia!

The more graphic, the better. The protesters are bound to disperse, thanks to the imagery you've conjured up. Feel free to get creative and hit them where it hurts.

# We need federal help to make light rail real

## YOUR RIDE

**Erica Butler**



Imagine a transit corridor that takes us from downtown to Lower Sackville in 32 minutes, with stops near Mount Saint Vincent University, the Mumford terminal and the south-end universities.

At new stations along the way, riders can connect to bike shares, taxis or local bus routes getting them to and

**It will be up to the Trudeau Liberals to develop regulations that give us reasonable access to vital transportation infrastructure.**

from their final destinations. This is what commuter rail, done right, could look like.

Now, you may have read a statistic somewhere stating that commuter rail needs a population of one million to work. Whether correct or not, that refers to light-rail transit (LRT), the likes of which Kitchener-Waterloo just built for its paltry population of half a million. Kitchener's LRT project, which includes not only new trains but an equal amount of bus rapid transit with dedicated street lanes, cost upward of \$800 million.

Commuter rail from Halifax to Sackville, using existing tracks and refurbished cars, will cost from \$36 million to \$62 million, depending on how far and how well we build it. The capital investment, as Coun. Tim Outhit pointed out, is equivalent to a four-pad arena. In other words, it's doable.

But it's not going to happen until the federal government gets on board.

First, there's the upfront costs. Even at less than a tenth of the cost of Kitchener's capital investment, Halifax staff and councillors will be far more likely to throw our municipal money behind a project that is cost-shared with the feds.

But where we really need help is in negotiations with CN Rail, the current owners of the tracks that could host our commuter rail service.

More than a third of operating costs for commuter rail would be "track access fees" paid to CN Rail, upward of \$3 million a year.

At least we think so. We don't even have an actual cost estimate from CN. According to one of the consultants who prepared the recent study on commuter rail, "They see this as more of a distraction and a

nuisance."

Well that's where our newly elected federal representatives need to come in.

It's been 20 years since the Chrétien Liberals privatized CN, and it will be up to the Trudeau Liberals of 2015 to develop some regulations that give us reasonable access to this vital transportation infrastructure.

Quite simply, CN shouldn't be allowed to brush off our municipal government and they shouldn't be allowed to overcharge our transit operations.

If CN Rail is standing in the way of great transit in Halifax, then our new government needs to do something about it.

**Erica Butler** lives in Halifax and uses transit, a car and a bicycle to get around the city. You can follow her on Twitter @HabitatRadio.

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NOTHING TO SAY,  
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# The healing power of hip hop

## MEDICINE

### Doctors use popular lyrics to fight mental health stigma

The lyrics of hip hop greats are filled with imagery about mental illness, addiction and overcoming struggles — from musings on the dangerous power of alcohol in Kendrick Lamar's 2012 song *Swimming Pools* to the portrait of an obsessive fan in Eminem's 2000 track *Stan*.

With that connection in mind, two rap-loving researchers have launched Hip Hop Psych, a mental health awareness initiative using the genre for anti-stigma campaigns and outreach work in prisons, schools and hostels.

The pair have written about the connection between hip hop and mental health and drug culture for major medical journals such as *The Lancet* and the *Journal of Public Mental Health*.

Here, psychiatrist Dr. Akeem Sule, based out of the Cumbria and South Essex NHS Trusts in the U.K., and Canadian neuroscientist Dr. Becky Inkster, a University of Toronto grad who's now working in the psychiatry department of the University of Cambridge, talk about how the genre can break down stigma.

#### What, exactly, is Hip Hop Psych all about?

AS: When you look at the origins of hip hop, you find out it happened in south Bronx



Dr. Akeem Sule, left, and Dr. Becky Inkster write about the connection between hip hop, mental health and drug culture. TORSTAR

at a time when there was economic collapse and the plight of African-Americans and Hispanics was really bad. But out of this same culture came a multibillion-dollar industry.

What Becky and I believe is that, when you look at the hip hop lyrics, you can actually see snippets of mental health problems — but also look at resilience.

BI: It's often really difficult to get these medical messages across. There's so much research and knowledge out there, but it falls short of actually reaching the people. This is such a different,

unique way of delivering the information in a way people can relate to.

#### What does your outreach work look like?

AS: Our outreach work has involved prisons, where we dissect lyrics which have a focus on resilience. We talked to the prisoners and identified lyrics which we dissected with emphasis on resilience (eg. positive visual imagery, cognitive reframing.) We also talked about mental-health problems highlighted in the lyrics ... the prisoners felt able to open up about mental-



### It doesn't sugar coat anything and the message comes from the heart.

Dr. Becky Inkster on why hip hop is an effective tool for mental health outreach work

health problems they had been experiencing in a way that would not have been possible if hip hop lyrics were not used.

#### So what's special about hip hop? Why this versus another genre?

BI: It tends to be really raw in terms of the message. So it doesn't sugar coat anything

and the message comes from the heart. It's often about socio-political struggles, self-expression, equality, fighting for what you deserve.

AS: It kind of focuses on the underdog, the underclass. What could be more relevant? Hip hop is really good at reaching hard-to-reach communities.

TORSTAR NEWS SERVICE

## THE MESSAGE

### Deconstructing some of our favourite songs

#### • Notorious B.I.G.'s Juicy

"It's about aspirations. There is some interesting research about people having future-positive visual imagery. In this track, Biggie's actually doing that. It's a way of developing resilience," says Dr. Sule



#### • Kendrick Lamar's Swimming Pools

"If you hear it, it sounds like a horrible, horrible message about alcohol misuse. It's actually about a kid going through hard struggles and trying to make the right decisions while his environment, and pressures around him, are fighting against him," says Dr. Inkster.



#### • Eminem's Stan

"Stan is very interesting, because you see all kinds of materials covered, from attachment difficulties at a young age to the implications of self-harm and drug addiction," says Dr. Sule.



# metro OBITUARIES

## Ask your Funeral Director for details.



# Being the very best Bachelor he could be

## FITNESS

### Farmer turned reality star shares his workout tips

If Chris Soules ever needed incentive to get ripped, the thought of millions of people watching him date on TV did it.

"I wanted to be the best Bachelor I could be," Soules said during a visit to Toronto for a Grain Farmers of Ontario event. "I worked really hard to get into shape."

The 33-year-old farmer — best known for his turn as the 19th Bachelor on the romance reality show by the same name — grew up working on his family farm in Arlington, Iowa and playing football in college. But he admits he fell off the fitness bandwagon for a time, not taking care of himself and eating too much.

It was his looming Bachelor debut that spurred him into action. For five weeks, Soules worked out religiously — twice daily for an hour and a half each — determined to transform himself into a chiseled figure worthy of appearance-obsessed reality TV.

The thought of meeting 30 beautiful women helped too.

"I knew they would be trying to be their best so I wanted to be my best," he said.

After the show, Soules' stint on Dancing with the Stars pushed his body to even higher limits.

"It was a non-stop, grueling process but I loved every second of it," he said of practicing dance for six-plus hours every day for 10 weeks.

Today, his workout is a bit more sustainable — an hour and a half every day. Without it? "I don't feel normal," he said.

TORSTAR NEWS SERVICE

## + HOW HE DOES IT:

### His daily workout:

Cardio: Either four miles (6.4 kilometres) on the treadmill or 30 minutes on the elliptical machine.

Weights, etc.: After cardio, Soules spends one hour doing

weights, working with a kettle bell, doing lunges and ab exercises.

### His diet:

Soules says he likes to eat "a healthy, clean diet" filled with vegetables and meat.

He has a penchant for hard-boiled eggs.

### His playlist:

Soules says he prefers country for cardio and rap for weights.



**U.S. Bachelor star and farmer Chris Soules trained for an hour-and-a-half, five days a week, twice a day to get in shape for the show.** VINCE TALOTTA/TORSTAR NEWS SERVICE

## June Domestic Medium Hair

Eight-year-old June is a statuesque beauty who was found as a stray in the Halifax area. While she is shy in the shelter setting, she is responsive when petted... loving a back rub and little scratches on her forehead. She is relaxed and trusting, stretching to make sure you pat her from all sides. June is a happy house cat who somehow ended up outdoors. **She is at the shelter waiting patiently to be whisked away to her new forever home.**



For more information on **June** and other adoptable furry friends, visit [www.spcans.ca/dartmouthshelter](http://www.spcans.ca/dartmouthshelter) or contact the Nova Scotia SPCA Provincial Animal Shelter at 902-468-7877 or [dartmouth@spcans.ca](mailto:dartmouth@spcans.ca)

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## LAMAR ODOM

# Health Canada takes aim at so-called herbal Viagra

## Devon Scoble For Metro Canada

Both Health Canada and the FDA have published warnings against so-called "herbal Viagra" after Lamar Odom, former Los Angeles Lakers forward and estranged husband of Khloe Kardashian, landed in a coma earlier this month following a bender at a Nevada brothel.

Witnesses and a spokesperson for the Love Ranch report that before his collapse, Odom took cocaine, alcohol and up to 10 natural sexual performance enhancers, including Reload and Libimax Plus.

Health Canada and the FDA warn against Reload — one of many natural supplements that go by the loose street name herbal Viagra — citing undeclared ingredients that could prove dangerous when taken with other drugs.

It's difficult to confirm the availability of herbal Viagra in Canada, but Maryse Durette, a spokesperson for Health Canada, warns against unregulated foreign supplements that

may enter the marketplace via travellers or the Internet.

Often these products contain undeclared ingredients, including those found in legitimate, prescription-only erectile dysfunction drugs like Viagra and Cialis.

"Undeclared ingredients are dangerous, potentially deadly," says Durette.

"If you don't know what you're taking, then you can't know how it will interact with your regular prescriptions, your diet, your allergies or health conditions. 'Natural' doesn't always mean safe and when you're dealing with unregulated products, it doesn't necessarily mean 'natural', either."

Outrageous drug names prevail, and distinguishing approved supplements (like Horny Goat Weed) from banned ones (like Cave Diver, Get It Up and Reload) requires

both caution and common sense.

Durette reminds consumers that approved natural health products, or NHPs, can be identified by an eight-digit natural product number (NPN) or homeopathic medicine number (DIN-HM).

When in doubt, check Health Canada's database and always consult your healthcare provider before taking supplements.

Health Canada warns that drugs promoted for weight loss, body building, erectile dysfunction, sleep problems, inflammatory conditions and treatment of diabetes are particularly prone to adulteration.

They say to always check for the NPN or DIN-HM and avoid buying from websites that advertise miracle cures or refuse to provide a legitimate street address and telephone number.



**'Natural' doesn't always mean safe and when you're dealing with unregulated products, it doesn't necessarily mean 'natural,' either.**

Maryse Durette, spokesperson for Health Canada



# Cured meats linked to cancer: WHO

## PROCESSED FOODS

### Daily intake increases risk

Hot dogs, bacon, cold cuts and other processed meats raise the risk of colon, stomach and other cancers, and red meat probably contributes to the disease, too, the World Health Organization said Monday, throwing its considerable authority behind what many doctors have been warning for years.

WHO's cancer agency analyzed decades of research on the subject and issued its most definitive statement yet, putting processed meats in the same danger category as smoking or asbestos, though that doesn't mean, say, salami is as bad as cigarettes.

The meat industry protested the classification, arguing that cancer isn't caused by a specific food but also involves lifestyle and environmental factors.

A group of 22 scientists from

the WHO's International Agency for Research on Cancer in Lyon, France, evaluated more than 800 studies from several continents about meat and cancer.

The studies looked at more than a dozen types of cancer in populations with diverse diets over the past 20 years.

Based on that evaluation, the IARC classified processed meat as "carcinogenic to humans," noting links in particular to colon cancer.

It said red meat contains some important nutrients, but still labelled it "probably carcinogenic," with links to colon, prostate and pancreatic cancers.

The agency said it did not have enough data to define how much processed meat is too dangerous, but said the risk grows with the amount consumed.



TORSTAR NEWS SERVICE/FILE

Analysis of 10 of the studies suggested that a 50-gram portion of processed meat daily — or about 1.75 ounces — increases the risk of colorectal cancer over a lifetime by about 18 per cent.

An ounce and three-quarters is roughly equivalent to a hot dog or a couple of slices of bologna, though it depends on how thinly it is sliced.

"In view of the large number of people who consume

processed meat, the global impact on cancer incidence is of public health importance," Dr. Kurt Straif of the IARC said in a statement.

THE ASSOCIATED PRESS

## EVERYDAY LIFE

### Other cancer-causing substances

**Alcohol:** According to the U.S. Department of Health and Human Services' National Toxicology Program Report on Carcinogens, an estimated 3.5 per cent of all cancer deaths in the U.S. in 2009 were alcohol related.

**Sunlamps:** Studies show exposure to sunlamps or sunbeds increases the risk of malignant melanoma. In addition, the longer the exposure, the greater the risk, especially in individuals exposed before the age of 30, the NTP says.

**Air pollution:** Outdoor air pollution was added to the IARC's list of carcinogens in 2013.

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## ANALYSIS

### Train the brain and the body

Ever had your mind race during a yoga session? Or been consumed by thoughts of your leg cramping during a run? It's easy to let your mind wander — or fill up with worries — when you're working out.

Cue some mental fitness in the form of mindfulness.

The popular technique for learning to pay attention and "tune in" to your thoughts is rooted in Buddhist meditation traditions and was later popularized in the West by Jon Kabat-Zinn. Since 1979, more than 20,000 people have completed the Mindfulness Based Stress Reduction program Kabat-Zinn founded at the University of Massachusetts Medical School — while millions more around the world have tried out similar programs or at-home exercises.

"I often talk about mindfulness as training the mind the way physical exercise is training the body," says Dr. Steven Selchen, head of mindfulness-based therapies at Sunnybrook Health Sciences Centre in Toronto.

It's about learning to be aware of what's going on inside us and around us, he explains. And even though it's a mental thing, there can be a connection to physical fitness. "People use exercise in different ways, and often use it as stress release or something to sort of get away from what's bothering us," Selchen says. "Mindfulness is more about tuning into our experience so we can handle it better."

That could mean paying closer attention while running, or meditating during a yoga class. However you do it, mindfulness can

help you tune into the mental "stories" that pop up while you're working out, Selchen explains.

"You have a certain physical sensation like a cramp or a tightness somewhere, and you tell yourself all kinds of stories about why that's a problem . . . it's those stories that end up making us really frustrated," he says.

Instead, you can pay attention to it and accept it as just a routine part of your workout, rather than something negative.

Focusing on the moment can actually make exercise a more positive experience, suggests Dr. Paul Kelly, clinical director at the Mindfulness Clinic in Toronto. Mindfulness makes it more likely you'll "appreciate good feelings" inside your body, he says.

"When somebody is exercising, are they tuned into how



**Instead of letting your mind run wild, focus on the moment. Experts say this make it more likely you will appreciate good feelings inside your body as you exercise.** TORSTAR NEWS SERVICE/FILE

their body feels? Or are they not noticing their body at all?" Kelly says. "Somebody might be listening to music or watching a screen. Their body is exercising but their mind might not be a part of that."

The practice also offers a way for athletes to focus, he adds.

"If you're playing baseball, you want to pay attention when

you're up to bat or on the field," Kelly explains. "Good players will stay in the zone, so to speak, and mindfulness training is now being used by a number of professional sports teams."

Of course, shifting your mindset during exercise can be tricky at first.

Dr. Lucinda Sykes of Toronto's Meditation for Health clinic

suggests trying out mindfulness somewhere else first — the shower. "Being in the shower or bathtub is a great opportunity to feel yourself being physically here," she says. "Feel the water against your skin . . . feel yourself standing in the shower. Feel the water, and your body responding, even for just a moment."

TORSTAR NEWS SERVICE



# Animal friends need winter protection too

While many of us shudder in our boots at winter's fast approach, our four-legged friends have no idea what's on the way.

Many people dress their dogs with coats, sweaters and even little boots when the weather turns. While it looks super cute, Courtney Zylstra with the Nova Scotia SPCA, said outdoor gear is actually effective in keeping animals warm.

"Really any breed that typically has a shorter coat or more bare undercarriage — like the boxer breeds and the amstaff mixes — they should be wearing a coat as well when the temperature starts to drop," she said. "Even though they have more meat on their bones and they're a sturdier breed of dog, they still are affected by the cold temperatures."

Paws need extra attention in the wintertime — especially if there is anywhere near the ice we received last year. Zylstra said salt can mat fur and paws, causing nasty skin conditions. Balloon boots can help if your dog or cat can stand them, but simply wiping paws with a

warm towel will do the trick too, she said.

"The rule of thumb is if you wouldn't stay outside because you're uncomfortable, then they shouldn't stay outside," she said.

While most of the pet cat population spends the winter hogging the warmest spots in the house, there are plenty of felines who suffer through the cold.

"There are a lot of feral cats in Nova Scotia that are struggling to find shelter," Zylstra said. Anyone can help out feral cats by building shelters, she said. There are plenty of designs on-line using simple materials like plastic tubs.

Darrold Gould, executive director of Bide Awhile Animal Shelter, has seen the damage winter inflicts on cats. Wet and cold can cause frost bite, snapping off the tips of cats' ears.

"I wish I could only say I've only seen that once or twice but I've seen that year after year after year," Gould said.

Many people think cats are automatically conditioned to being outside, but they're not, he added.



ISTOCK

"And another thing people don't realize in the cold weather if a cat or dog gets out, away from home and there has been a snow fall, it maybe harder for them to find their way home."

Warnings against leaving an animal in a

vehicle during in summer also apply to wintertime. Gould said a cold car is like a refrigerator for a dog locked inside.

"They have to realize an animal is better off inside in the warmth — cat or dog — then to be out in the cold," he said.



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## Doggy daycare — a tired dog is a good dog

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It can curb undesirable boredom-driven behaviors such as destruction and incessant barking. Dogs, much like people, can get frustrated and a little "shack-whacky" when they don't get the stimulation they need.

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NBA 2K16's simulation of the upcoming season predicts the Warriors will need seven games to beat the Cavs in the final

# metro SPORTS

## Perez earns ironman rep

WORLD SERIES

### Catcher still standing after punishing workload

It's a good thing the Royals' Salvador Perez wears all that bulky catching gear.

When it fails to protect him from the bumps and bruises caused by all those bad pitches, foul balls and wayward swings, it at least covers up the rest of the black and blue marks.

"He takes such a beating," said his close friend Lorenzo Cain, the Royals centre-fielder slowly shaking his head at the thought. "Man, I know I couldn't do it."

When the Royals open the World Series against the New York Mets on Tuesday night, Perez will crouch behind the plate for the 312th time over the past two years. That will match the big-league regular- and post-season record for a two-year span set by Randy Hundley of the Chicago Cubs from 1967-68.

And while Hundley no doubt took his share of beatings, it almost certainly pales in comparison to the countless jammed fingers, battered shins and dizzying headaches that Perez has absorbed.

"He's a bulldog out there," Royals left-fielder Alex Gordon said. "There's really no ball that could hurt him. Bumps and bruises all over him, and he keeps going out there."

Last year epitomized Inde-



Salvador Perez receives treatment after taking a foul ball off the mask during Game 4 of the Royals' ALDS against the Astros in Houston on Oct. 12. BOB LEVEY/GETTY IMAGES

structible Sal.

Start with the 22 spring training he played behind the plate. Then the 150 he played in the regular season and 15 more in the post-season — of those, Perez started 158 at catcher, a big-league record. Then, about a week after Perez made the final out in Game 7 of the World Series, he joined a contingent of all-stars that played an exhibition series in Japan.

No wonder he skipped win-

**.848**  
Perez's on-base plus slugging percentage this post-season.

ter ball in his native Venezuela for the first time in years.

Royals manager Ned Yost, himself a former catcher, said in spring training he was going

to give Perez more time off this year. Yost noticed the pounding the three-time all-star had taken in 2014, and thought his post-season struggles at the plate were a reflection of it.

Apparently, more time off meant Perez only played 142 games this season after 16 in spring training.

"You've got to just kind of know it's part of the position," Yost said, "but Sal is suited perfectly for it. He's a big guy, ex-

tremely tough and he can take a beating."

In fact, he seems to embrace the beating.

"In the playoffs, the emotion, you have to have something broken to get me out of the game," Perez said. "We know the position. We know we're going to get hit. If you wait a second, the pain is going to be gone. I don't like to come out. It has to be really, really bad."

THE ASSOCIATED PRESS

MLB

## Jays GM brushes contract talk aside

Alex Anthopoulos feels he's starting to "hit his stride" as general manager of the Toronto Blue Jays.

Whether he'll be with the team for his peak years remains up in the air.

Anthopoulos didn't shed any light on his contract status during his season wrap-up news conference Monday. The GM's future has become a front-burner topic since the Blue Jays were eliminated from the playoffs by the Kansas City Royals.



**I do think we've turned a corner as an organization. I think we're in a position to win for a long time.**

Alex Anthopoulos

Anthopoulos, whose deal expires at the end of the month, has said he'd like to return but he decided to put contract talks aside during the post-season so it wouldn't become a distraction. He will be negotiating with new president Mark Shapiro, who will replace the retiring Paul Beeston next week.

"That will be addressed at the appropriate time," Anthopoulos said of his future with the team. "The appropriate time is not today." THE CANADIAN PRESS

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# More defence makes sense to Raps' Carroll

NBA

## Casey's focus on D welcomed by Toronto's new acquisition

The near month-long wait for meaningful basketball has passed and with the Toronto Raptors' season-opener in front of him Wednesday, DeMarre Carroll admitted that training camp has happily run its course.

"I think we're all tired of playing each other," the Raptors' prized free-agent acquisition said before he got into the across-the-board theme of the team's off-season and this year's training camp: defence. The six-foot-eight forward said that coach Dwane Casey's camp has been more defensive minded than the previous ones he's been a part of in his six-year, five-team career.

"Coach Casey is definitely a defensive-minded coach and that's the type of coach that I like," Carroll said. "I like defence, that's my forte. We've been focusing on defence and not so much offence, but we've got so many scorers that the offence will take care of itself."

The concession throughout the Raptors training camp has



Raptors' DeMarre Carroll, left, contains Cleveland's Mo Williams as he drives to the basket. RON TURENNE/NBAE VIA GETTY IMAGES

been that the team has been a step ahead defensively over the offence. The byproduct of a hard-learned lesson in their first-round playoff exit to the Washington Wizards, the emphasis on defence makes sense.

You might be able to win a whack of games in the regular season without being able to shut people or teams down, but the play-offs inevitably

become a much more ferocious animal that requires taming.

Casey has harped on defence but what he's hoping for this season — and as he demonstrated with hands raising and falling throughout — is a balancing act.

"You like to have balance. The key is balance," he said. "I don't want to get into a situation where now your defence is clicking at a high rate and your offence is off rhythm or off kilter."

"Our defence was so bad last year. We got caught up in our first couple of games and our defence got better and our of-

66

**We've been focusing on defence and not so much offence, but we've got so many scorers that the offence will take care of itself.**

Demarre Carroll

fence stunk. We want a balance and that's the only way you can be successful in this league."

Through seven (meaningless) pre-season games, where lineup experimentation, rested vets, vanilla defences and random acts of rust-shedding all factor in, the Raptors averaged 94.7 points per game and gave up 88.9 per. When the ball goes up Wednesday night and beyond, Carroll feels like strong defensive play will spark the offence.

"I think everyone in our starting lineup can score the ball. That's not the hard part, I think the hard part is defence. Trusting each other on defence, covering for each other."

Part of the Atlanta Hawks' 60-win team a year ago, Carroll said he sees a big difference in the Raptors that he went up against in years past.

"The way we played in the second half (in Friday's win in Montreal over the Washington Wizards), that was the best defence we played in the whole pre-season," he said.

TORSTAR NEWS SERVICE

## metro OBITUARIES

### MACLEAN, Malcolm Andrew "Reid"



MacLean, Malcolm Andrew "Reid" age 65, of Porter's Lake.

It is with deep regret and heartfelt sadness that the family has to announce the tragic passing of Reid on October 21, 2015 at the Halifax Infirmary, QEII.

Born in Halifax, he was the eldest son of Opal (Martin) and the late Malcolm MacLean.

Reid began his career as a meteorologist technician, residing in places such as Sable Island, Churchill, Manitoba and Happy Valley, Goose Bay, NL. He worked for various companies within the oilfield industry such as Mobil, Lasmo, and Woodside Fabrication and lastly retiring from UNISPEC. Reid led a life of passions. He was a dedicated, loving husband and father as well as a caring big brother and mentor to his siblings. He loved curling and golfing. He also enjoyed travelling, cooking, cars and he was a true animal lover.

Throughout Reid's life, he profoundly touched the lives of so many that everyone fondly referred to him as "Our Reid".

Reid is survived by his loving wife and soulmate, Barbie MacLean; his mother Opal; loving and devoted daughters Tammy (Alan), KeriShay (Doug), Tracey, Tara (Chris); step-son Jason; grandchildren Colton and Mackenzie; brothers, Don (Sue), Greg, Drew (Wanda); sister, Nancy; and several nieces and nephews.

Cremation has taken place. A celebration of life service and final toast will be held on Tuesday October 27 at 2pm in Atlantic Funeral Home 771 Main Street, Dartmouth, Rev. James Haughn officiating. Private interment in Dartmouth Memorial Gardens. Reception to follow in the funeral home reception lounge.

Flowers are welcome. Memorial donations may be made to the SPCA of Nova Scotia and Hope for Wildlife.

Special thanks to Dr. Ricardo Rendon, the nurses of 5.2 ICU, Dr. Camille Hancock-Friesen for her compassion, the staff of the QEII Foundation, Dennis Digout for pizza and the delivery girls from Pete's Frootique and to Crystal, Don and Sue for their support.

Online condolences may be made by visiting the Dartmouth Chapel, at [www.atlanticfuneralhomes.com](http://www.atlanticfuneralhomes.com)



## INJURIES

### Kane out for 4-6 weeks

Buffalo Sabres forward Evander Kane will be out approximately four to six weeks because of an injury to his left knee.

Kane was hurt in a 4-3 loss to the New Jersey Devils. Coach Dan Bylsma said Kane won't require surgery. THE ASSOCIATED PRESS

### Foster out for whole season

Texans running back Arian Foster is out for the season with an Achilles tendon injury, a significant blow for a team that was just blown out for the second time this season.

Foster was injured without being hit late in the Texans 44-26 loss to Miami on Sunday. THE ASSOCIATED PRESS

NBA

## 5 talking points for new season

With the NBA regular season starting Tuesday, here are five storylines to pay attention to as the 82-game marathon unfolds:

### Kobe Bryant

Is this the last go-round for the 36-year-old future Hall of Famer, entering his 20th season with the only franchise he's ever played for? And if it is, how will he handle it? By gently ceding some control of the team to the younger set, or will he try to go out guns blazing to make up for two injury-riddled seasons?

### Kevin Durant

Oklahoma City was supposed to be a perennial championship contender with a group of budding young all-stars who got a taste of a title chase in 2012.

Now, Durant will face an entire season of free agency speculation, Scott Brooks is out as the coach and the wonder is if the proverbial window is closing.

### Divisions? What divisions?

The three Atlantic Division championship banners that hang in the Air Canada Centre now signify an accomplishment that is obsolete. Winning a division now gets teams nothing, because playoff seeding will be determined by overall record, making things more fair.



Kevin Durant  
THE ASSOCIATED PRESS

### Go small or go home

The move in the NBA these days is towards so-called "small ball." But having a multi-faceted group on the court seems to be the way everyone's going, and developing a lineup of basically interchangeable parts is the goal.

### Rotten Big Apple?

Compared to the lack of success they've had — 17 wins last season — the New York Knicks get a disproportionate amount of publicity and chatter. But it's worth it for Raptors fans to pay a bit of attention to them this year and to hope for losses since New York owes Toronto a first-round draft pick in June.

TORSTAR NEWS SERVICE



Arbor  
Memorial

Atlantic  
Funeral Home

Dartmouth  
Halifax  
Sackville



# RECIPE Salmon Dinner Tray Bake



PHOTO: MAYA VINCE

**Ceri Marsh & Laura Keogh**  
For Metro Canada

A tray bake is the ultimate in ease and deliciousness since roasting all ways delivers big on flavour.

**Ready in**  
Prep time: 10 minutes  
**Serves 4**

- Ingredients**
- 12 new potatoes
  - 3 Tbsp olive oil
  - 2 tsp fresh or dried thyme
  - Salt and pepper
  - 4 salmon filets
  - 1 bundle of asparagus, washed and trimmed
  - 20 cherry tomatoes
  - Big squeeze of lemon juice

- Directions**
1. Preheat the oven to 375 F.
  2. Line a rimmed baking sheet with parchment.
  3. Thinly slice potatoes and scatter them across baking sheet. Season with 2 Tbsp of olive oil, pinch of salt, pepper and thyme. Place in oven for 15 minutes.
  4. Remove tray from oven. Increase heat to 400 degrees. Lay the salmon filets over the potatoes and add the asparagus and tomatoes. Return to oven for 10 to 15 minutes, or until salmon is cooked.
  5. Remove from oven. Squeeze lemon juice over the whole pan and serve.

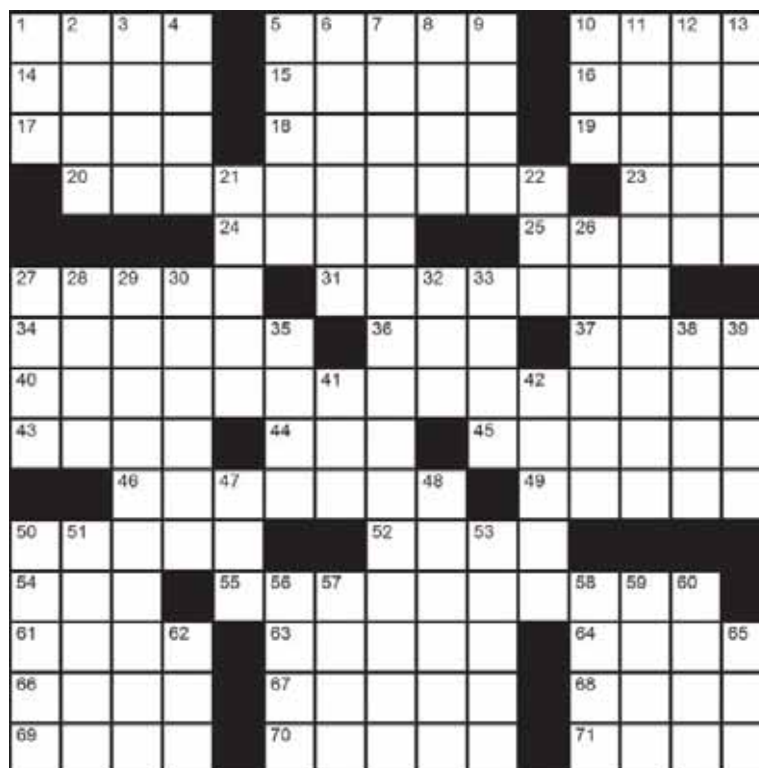
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# CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

## ACROSS

1. Satan's sphere
5. Emily Watson's role in "Gosford Park" (2001)
10. Armoured police team letters
14. "...\_, whatever will be, will be..."
15. Like the garden's blanket of grass
16. Type of cotton
17. \_-detached house
18. "Fame" singer Ms. Cara
19. Certain cuckoos
20. The Phantom's haunt, \_ \_ House
23. Chem. suffix
24. Conde \_ (Magazine publisher)
25. House's interior, style-wise
27. Greek alphabet's last letter
31. George Hamilton IV's 'prettiest town' country hit of 1963
34. Repairing
36. Southern constellation near Telescopium
37. Ms. Fitzgerald
40. Group of Seven painter born in Sheffield, England in 1881: 2 wds.
43. Bone dry
44. Mork from \_
45. Be a participant/captivate
46. Preside over the meeting with another person
49. Tzatziki sauce sandwiches
50. Beijing's locale
52. Samantha's twitchee



- on "Bewitched"
54. "You bet!"
55. Canadian whisky maker, The Crown Royal \_ Company
61. Cut
63. Neil Diamond song that goes "...I used to call your name."

64. Clean-cut
66. Stand-up guy Jay
67. "Network" (1976) director Sidney
68. \_ of duty
69. Belonging to Manchester's li'l country
70. They're scat-

- tered in gardens
71. And nothing more

## DOWN

1. 'Count' suffix
2. HBO comedy starring Julia Louis-Dreyfus
3. \_ "la Douce"

- (1963)
4. Retreat
5. "Clueless" (1995) actress Ms. Donovan
6. Crooner of 1955 song "Domeni": Julius \_
7. Transported to a previous era: 4 wds.
8. Ye olde rest stop
9. Glancer
10. Watering hole
11. Vineyard's storage area: 2 wds.
12. \_ acid
13. Shocking weapon
21. Absurd
22. Fruit drink
26. Get-up-and-go
27. Ons opposites
28. Morass
29. Reason for gyms
30. Book of Judges judge
32. Annoy
33. Bathe
35. David of "Rhoda"
38. Construction set brand
39. Nautical affirmatives
41. Rosemary's Baby novelist Mr. Levin
42. Spin-off series of "Buffy the Vampire Slayer"
47. Scoundrel
48. Churned
50. Recurring process
51. Ms. Hunt of Hollywood
53. Casino games
56. Baffin, et al.
57. Andrew of "Melrose Place"
58. 1996 Celine Dion album: "Falling \_ You"
59. Las Vegas brightener
60. Ancient region of Europe
62. Opposite of negative, for short
65. Attempt

# ★ IT'S ALL IN THE STARS by Sally Brompton

**Aries** March 21 - April 20  
As today's full moon takes place the area of your chart that governs what you own and what you earn you would be wise not to be too extravagant or generous. Keep something in reserve.

**Taurus** April 21 - May 21  
You must work closely with others and you need to understand that their opinions may differ from yours. Remember, you don't have to agree with them to get along.

**Gemini** May 22 - June 21  
Don't get carried away with big ideas. And don't get so caught up in the grandeur of the bigger picture that you miss the important details. Those details are going to matter.

**Cancer** June 22 - July 23  
The Sun in your fellow Water sign of Scorpio does wonders for your confidence but today's full moon warns you must not get carried away. Limit your activities to areas where you know what you are doing.

**Leo** July 24 - Aug. 23  
You have kept your emotions under wraps but now you must be more outgoing and expressive. This is the ideal time to let loved ones know how much you care for them.

**Virgo** Aug. 24 - Sept. 23  
In your eagerness to get ahead and get the most from each and every situation you will overlook something that either holds you up or trips you up. Slow down a bit.

**Libra** Sept. 24 - Oct. 23  
If you are easygoing with money today you may regret it later, so rein in your extravagant tastes and opt for the simple (and free) things that life has to offer.

**Scorpio** Oct. 24 - Nov. 22  
The Sun in your sign at this time of year gives you heaps of confidence but because there is also a full moon today you will need more than a large dose of self-belief. The most important question is: have you learned from past mistakes?

**Sagittarius** Nov. 23 - Dec. 21  
Others think you are aiming too high but the higher you aim the more you are likely to achieve. There is no limit to what you can accomplish.

**Capricorn** Dec. 22 - Jan. 20  
Today's will open your eyes to new possibilities. Be amazed how limited you have allowed your horizons to be in recent weeks. Get involved in projects that require you to work as part of a team.

**Aquarius** Jan. 21 - Feb. 19  
Play by the rules today. It will not be pleasant if important people discover that you have been cutting corners. You really don't need to cheat.

**Pisces** Feb. 20 - March 20  
You have no fear. Follow your desires, but as there is a rather threatening-looking full moon today you should steer clear of anything that is too excessive — depending on what your definition of "excessive" is.

## CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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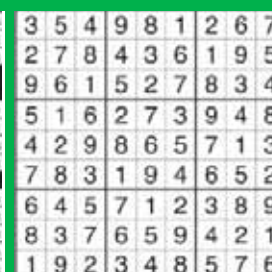
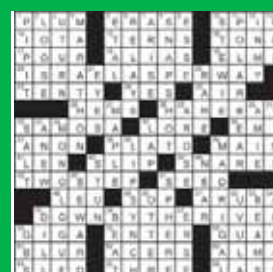
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